



## **Athens City School System Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Athens City School System.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Athens City School System that includes:

- School Health Advisory Committee
- Healthy School Teams at each site.
- School Health Policies strengthened
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$48,000.

Community partnerships have been formed to address school health issues. Current partners include:

- |  |  |
|--|--|
| ➤ McMinn County Health Council                                 | ➤ Athens YMCA                                      |
| ➤ McMinn Living Well   | ➤ Athens Federal Bank                              |
| ➤ Athens City Family Engagement Advisory Board                 | ➤ MADCAT (McMinn Anti-Drug Coalition Aiding Teens) |
| ➤ Athens Regional Medical Center                               | ➤ American Heart Association                       |
| ➤ The Surgery Center of Athens                                 | ➤ Woods Memorial Hospital                          |
| ➤ Athens Parks and Recreation                                  | ➤ Advent Home                                      |
| ➤ Mayfield Dairy   | ➤ Hope Center                                      |
| ➤ Johnson Controls   | ➤ TNCEP  |
| ➤ National Football League – “Punt, Pass, Kick”                | ➤ CoverKids  |
| ➤ UT Extension Agency  | ➤ Athens City Government                           |
| ➤ Tennessee Wesleyan College                                   | ➤ Good Faith Clinic                                |
| ➤ Newspapers in Education Initiative – Jones Media Corporation | ➤ GetFit TN  |
| ➤ Blue Cross/Blue Shield                                       | ➤ Athens Area Chamber of Commerce                  |
| ➤ “Walking Works for Schools”                                  | ➤ Athens Jr. High School PTO                       |
| ➤ Southeast Bank   | ➤ North City PTO                                   |
| ➤ Elk’s Lodge of Athens  | ➤ Ingleside PTO                                    |
|  | ➤ City Park PTO                                    |
|  | ➤ Westside PTO                                     |
|  | ➤ Four Star Academy PTO                            |
|  | ➤ Hiwassee Mental Health                           |
|  | ➤ Athens Lion’s Club                               |
|  | ➤ Athens Kiwanis Club                              |
|  | ➤ Athens Optimist Club                             |

- Rural Health Association
- Department of Human Services
- Jones Media Corporation
- Contact
- Good Will Industries
- Caris Hospice
- McMinn Emergency Management
- TENNderCare
- Coordinated Charities of Athens
- Edward D. Jones Company
- McMinn County Juvenile Services
- TN School Health Coalition
- Valley Farmers CO-OP
- Americhoice

### **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities that include health advisory committees, walk-a-thons, Wellness Days at intermediate schools, health advisory System-wide board, parent education nights such as TCAP Fiesta Night, Multi-Cultural Night for Athens, Healthy Holiday Cooking, Healthy Summer Grilling Night, AJHS “Iron Horse 5K”, and various Field Days at each site. Currently, 200+ parents are assisting with CSH.

Students have been engaged in CSH activities listed above as well. We also added a student representative to the Health Advisory Board for the system. We will be adding a student-led committee at the middle school next year. Approximately 250 students are partnering with CSH to address school health issues.

### **School Health Interventions**

Since CSH has been active, the following health interventions have taken place:

A total of 4,788 students received school health screenings and 752 were referred to health care providers;

Students that have been seen by a school nurse totaled 4,020 and students returned to class totaled 3240 students;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Our current BMI data shows a 1% decrease in obesity levels for those students surveyed in 2009. 1% were underweight, 57% had normal BMIs, 42% were obese/overweight. Of those 42%, 22% were obese. By sex, boys in the overweight category were 42%, whereas girls were 42%. In the obese category, boys were at 23%, compared to girls at 20%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: Bike helmets; Stationary Cyclers equipment; Overdrive Playground equipment; Fruits and veggies for Hawaiian RIF; healthy snacks for TCAP and for special ed classes; Wiis and Wii games for before/after school; new media sources related to health, wellness, nutrition, physical activity, and physical education; materials for guidance counselors; door prizes for parent seminars; materials for NC nutrition classes; dance and movement materials for kindergarten and 1<sup>st</sup> graders; golf tees, balls, bags, and needed equipment; media supplies to update collections at each school site; elliptical trainer (gift) to AJHS weight room; nutritious foods for events at school sites; books and dvds to update Comprehensive Health materials; personal trainer for staff exercise class at AJHS after school hours; Teen Food and Fitness newsletter sent to AJHS homes; Nutrition Nuggets newsletter sent to all elementary homes; sponsorship of NIE insert Nutrition Adventures Makes News; sponsorship of Iron Horse 5K Run at AJHS; playground mulch at all elementary sites; supplies for guidance counselors including units of study, books, dvds, etc. walking trail begun at North City – to be completed this summer.

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include monthly meetings for guidance counselors, TAHPERD convention for all physical education teachers, mental health training for guidance counselors, and southeastern district meetings throughout the year.

School faculty and staff have received support for their own well-being through after school exercise class taught by certified personal trainer, walk for a day in May with drawings for door prizes and sharing of specific materials for classroom teachers.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum trainings and Healthy School Index Guidelines;
- Physical Education/Physical Activity Interventions – Take 10! trainings, mini-grants for all physical education programs from CSH, walking trail and playground equipment for North City School, playground equipment for Ingleside School, playground equipment for City Park Elementary + walking trail expense, playground equipment for Westside School and sponsorships for Iron Horse 5K and Turkey Trot 5K;
- Nutrition Interventions include My Pyramid trainings, and mini-grants for classroom teachers;
- Mental Health/Behavioral Health Interventions include checklist for guidance referrals to teachers and communication with local mental health providers.

In addition, the Coordinated School Health director writes a weekly column in the local newspaper, the *Daily Post-Athenian* concentrating on each school's activities and pertinent health issues related to children and family health.

In such a short time, CSH in the Athens City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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